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Living on the edge

Use Metro AR to see a real-life Spider-Man do his thing in Kyiv.

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Not the only thing that's rising

Ashley Madison, the hookup site for married people, is popular in the Land of the Rising Sun

PAGE 9

DAY 2: TAKE BACK THE INTERNET

'YOUR RIGHTS MATTER ... BECAUSE YOU NEVER KNOW WHEN YOU'RE GOING TO NEED THEM.' LOOK FOR THIS CODE TO WATCH EDWARD SNOWDEN'S TED TALK

PAGES 6 & 7

RAISING AWARENESS

Lani Elliott and her son Jamieson stand in front of a flag that was raised at Saskatchewan's Legislative Building on Wednesday to mark World Autism Day. According to Elliott, it was an occasion to consider support for parents with autistic children and their continued care, and to think about the prospects for people such as her son in moving into the workforce after schooling. SARAH TAGUIAM/METRO

High hopes for new solar system

Sask.'s power future. Technology giant Lockheed Martin teams with First Nations Power Authority on ambitious project

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It's an ambitious commercial solar-power project for Saskatchewan First Nations, and one that could point the way toward the province's energy future.

The First Nations Power Authority (FNPA) of Saskatchewan is teaming with Lockheed Martin Canada and the economic development arm of the File Hills Qu'Appelle Tribal Council to use solar energy for much of a Swift Current hotel's power needs.

"The primary objective of the project is to better understand how solar energy can be used in a commercial context," Leah Nelson Guay, executive director of the FNPA, told Metro exclusively on Wednesday — the day that the advanced power system for the Home Inn and Suites was to be fully installed and running.

"Over the course of the year, it will provide about 38,000 kilowatt-hours of energy to the hotel. The overall load for the hotel is about 1.3 megawatts, so it comes in at about five per cent of the total."

For the hotel, in which the Tribal Council's FHQ Developments has an ownership stake, the leading-edge technology supplied by Lockheed Martin is anticipated to bring an annual $5,000 saving on energy costs.

The power system built for the hotel is specifically designed for not only harsh and blustery Prairie weather conditions, but for taking the best possible advantage of the high radiation in southern Saskatchewan — which Lockheed Martin's Sean McCarthy describes as the "solar capital" of Canada.

"This is a rather large installed device," McCarthy, Lockheed Martin Canada's business development manager for renewable energy, said from Ottawa of the "robust and rugged" unit.

"It's designed to accommodate the higher winds that are prevalent in Saskatchewan. It also manages, itself, to dump and clear its own snow."

At a total cost of about $70,000 to the FNPA, said Nelson Guay, the Lockheed power-harnessing system stands out for reasons other than its effectiveness in sunlight.

"It's designed to withstand hurricane-force wind, which is really important in Swift Current," she explained, noting that it "will actually just float and hover" in strong gusts when disengaged.

"We're going to put a webcam up, so on super windy days, people can log onto our website and take a look at our solar panels flying in the wind."

Cathedral

Water-main break causes flooding

Several Cathedral homes were cut off from water service after a pipe break flooded streets on Tuesday night and Wednesday.

City crews were dispatched Tuesday night and water was shut off around 11:20 p.m., a city official said.

The break poured water onto Rae Street between Victoria and 12th avenues and led to the loss of water for about a dozen properties.

A crew works on the water main Wednesday. SARAH TAGUIAM/METRO

Long sections of sidewalks were submerged, making it difficult for pedestrians and residents to cross streets and get to their homes.

Crews repaired the break on Wednesday and water was restored at about noon. METRO

Draude

Minister's expenses under scrutiny

Saskatchewan Social Services Minister June Draude is facing criticism for spending more than $3,600 on a car service during a four-day trip to London.

The Opposition NDP has released documents showing that Draude also spent $200 on the same trip for lunch with a woman named Rita Crone.

New Democrat David Forbes says he wants to know what value the trip provided to Saskatchewan residents.

Forbes points out that a single adult on social services gets about $4,000 over eight months.

Draude says the trip was to learn about what other jurisdictions are doing on issues such as disability initiatives, social housing and fetal alcohol syndrome.

The minister says she used the car service to get to meetings, but she also says she can't explain why the lunch with her friend was expensed.

Read the full story at metronews.ca.

THE CANADIAN PRESS

Committee aims to curb impact of transit on downtown businesses

City hall. Business advocate welcomes $200,000 in funding for measures such as better security

The head of the Regina Downtown Business Improvement District (RDBID) is applauding a transit study's recommendations to mitigate the impact of bus stops on firms along central 11th Avenue.

However, RDBID executive director Judith Veresuk maintains that removing bus stops altogether from the street, which straddles Cornwall Centre, is not a solution to downtown's growing congestion.

"It was important that we addressed (business owners') concerns and looked for solutions for their business operations and (for transit) riders," Veresuk told reporters on Wednesday, after city council's executive committee approved a swath of recommendations — including an increase in trash bins and improvements to transit shelters — listed in the second and third sections of the comprehensive transportation study.

Littering downtown and loitering around the district's storefronts have been cited as problems for city hall and the transit system to deal with.

According to the study's findings, about 6,000 people use Regina Transit every day to commute to work downtown.

The RDBID supports the committee's approval of $200,000 in funding from the city's general reserve for enhanced security patrols and transit-stop amenities, among other measures.

"We wanted to be here to ... reinforce the need for that budget allocation, to make those recommendations come to fruition," she said.

Veresuk did not challenge a recommendation declaring that a downtown transit shuttle service is "not feasible" at this time.

A proposal tasking city administrators with exploring possibilities for constructing a downtown parkade also attracted attention from the committee and from members of the public at the meeting.

Mayor Michael Fougere said increasing parking and improving transit are "part of the mix" to ease downtown congestion.

City council has yet to give its approval for the recommendations to go into effect.

MARCO VIGLIOTTI/METRO

Judith Veresuk, executive director of the Regina Downtown Business Improvement District, maintains that removing bus stops altogether from 11th Avenue is not a solution to the area's growing congestion woes. MARCO VIGLIOTTI/METRO

Students take on Dragons' Den-style challenge

Blake Zimmer MARCO VIGLIOTTI/METRO

It didn't involve the big dollars seen on the popular CBC show Dragons' Den, but an entrepreneurial contest brought strong competition to a Regina high school on Wednesday.

Students in a classroom at Michael A. Riffel High School spent the morning pitching enterprise ideas to a group of local business leaders, including Regina and District Chamber of Commerce president John Hopkins, as part of an interactive learning course.

"It's a wonderful opportunity for the students to actually get out of their comfort zone," said teacher Connie Perrault, who organized the event as part of an entrepreneurial course.

Students were organized into groups of three and tasked with developing innovative ideas that address real-world problems — and to pitch them to potential investors.

"We've got everything from gum to wardrobe planning to planes," Perrault said.

"(The students) have to figure out, 'How do I promote this? ... Who is my target audience?'"

Grade 12 student Blake Zimmer and his group came up with an inflatable safety vest to be used by motorcyclists, snowmobilers and users of other such vehicles.

He praised the event for pressing him to improve his presentation skills.

"I actually quite enjoyed it," he said, "because you've got to think of problems and a solution to them."

MARCO VIGLIOTTI/METRO

Deadly shooting at U.S. Army's Fort Hood base

Second incident.
Base was also scene of 2009 event that left 13 people dead

A gunman opened fire Wednesday at the U.S. Army's Fort Hood in an attack that left at least four dead, including the shooter, law enforcement officials said.

One of the officials, citing official internal Justice Department updates, said 14 others were hurt. The officials spoke on condition of anonymity because they were not authorized to release information by name.

The Texas Army base was the scene of a mass shooting in 2009. Thirteen people were killed and more than 30 wounded in what was the deadliest attack on a domestic military installation in history.

In this 2009 photo, an entrance is shown to the Fort Hood Army Base in Texas. THE ASSOCIATED PRESS FILE

A U.S. law enforcement official said reports circulating within the Justice Department indicate the shooter died of what appears to be a self-inflicted wound. The official spoke on the condition of anonymity because the investigation is still ongoing.

Outside the base, some relatives of soldiers waited for news about their loved ones.

Tayra DeHart, 33, said she had last heard from her husband, a soldier at the post, that he was safe, but that was hours earlier.

"The last two hours have been the most nerve-racking I've ever felt. I know God is here protecting me and all the soldiers, but I have my phone in my hand just hoping it will ring and it will be my husband," DeHart said.

U.S. President Barack Obama vowed that investigators will get to the bottom of the shooting, seeking to reassure the nation whose sense of security once again has been shaken by mass violence.

THE ASSOCIATED PRESS

Langley, B.C.

Man allegedly attacks wife, sets house on fire

Mounties in Langley, B.C. have secured an arrest warrant for a 44-year-old man who allegedly set fire to his estranged wife's home. Police say he set the fire, then entered the woman's house and attacked her and her daughter. THE CANADIAN PRESS

N.L. Lawsuit over moose-vehicle crashes begins

A class-action lawsuit started Wednesday in St. John's, N.L., with emotional testimony from plaintiffs who said moose-vehicle crashes on provincial roads have devastated them.

"I never had time to respond," said Ben Bellows, 57, of a 2003 accident that left him a quadriplegic.

The case alleges the province has negligently failed to manage the moose population. It involves 135 plaintiffs — including at least 15 estates of those who died — who were involved in accidents dating back to 2001.

About 800 accidents or close calls have been recorded annually in recent years.

THE CANADIAN PRESS

People stand in line for potable water in Iquique, Chile on Wednesday. Authorities discovered surprisingly light damage from a magnitude-8.2 quake that struck in the Pacific Ocean Tuesday evening. LUIS HIDALGO/THE ASSOCIATED PRESS

Big quake in Chile causes little damage

Hard-won expertise and a big dose of luck helped Chile escape its latest magnitude-8.2 earthquake with surprisingly little damage and death.

The country that suffers some of the world's most powerful quakes has strict building codes, mandatory evacuations and emergency preparedness that sets a global example. But Chileans weren't satisfied Wednesday, finding much room for improvement. And experts warn that a "seismic gap" has left northern Chile overdue for a far bigger quake.

Authorities on Wednesday discovered just six reported deaths from the previous night's quake. It's possible that other people were killed in older structures made of adobe in remote communities that weren't immediately accessible, but it's still a very low toll for such a powerful shift in the undersea fault that runs along the length of South America's Pacific coast.

Chile is one of the world's most seismic countries and is particularly prone to tsunamis. THE ASSOCIATED PRESS

Tuesday's temblor

8.2

Magnitude of the earthquake that hit Chile on Tuesday night

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Hillman AV

Suspected prank leaves crustacean stranded

Lincoln County, Ont.
Returning the lobster back to the Atlantic will be no easy feat

A southern Ontario humane society is trying to decide what to do with a lobster found abandoned in a box early Wednesday in a restaurant parking lot.

Lincoln County Humane Society executive director Kevin Strooband says the restaurant doesn't serve lobster but they suspect the crustacean was likely part of an April Fools' Day prank.

Strooband says they don't often have to deal with saltwater animals, but were able to get some salt water from a supermarket and the lobster is in an aquarium at the humane society.

Strooband says the plan is to send the lobster back to the Maritimes where he probably came from.

The humane society is hoping that once a decision is made, they can find someone willing to take the lobster on a flight to Atlantic Canada and free it in the ocean.

And Strooband says if the person isn't planning to go near the ocean, his sister lives there and will meet the flight to take custody of the lobster.

Strooband said the investigation into where the lobster came from continues.

"It appears because yesterday was April Fools' that it is a prank, or was part of a prank, and then once the prank was over, it was left," he added. **THE CANADIAN PRESS**

A southern Ontario humane society is hoping someone Atlantic-bound will give this lobster a lift home. COURTESY LINCOLN HUMANE SOCIETY

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Down payment may be required based on approved credit from Ford Credit. All offers include charges for freight and air tax ($1,565/$1,685/$1,700/$1,750), options, license, PPSA, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. **Estimated fuel consumption ratings for the 2014 Fiesta 1.6L 5-Speed Manual or 6-Speed Automatic, 2014 Focus 2.0L 6-Speed Manual, 2014 Fusion FWD 2.5L 6-Speed and 2.0L GTDI 4-Cyl. 6-Speed Automatic. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ◆ Based on Natural Resources Canada city and highway ratings for Ford models 1995 through 2014. 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Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ≠ Estimated fuel consumption using Environment Canada approved test methods. 2014 Ford Fiesta with 1.0L EcoBoost engine. Class is Subcompact Cars versus 2013 competitors. Subcompact Cars class and competitor data based on 2013 MID on Vehicle Classes listings and classifications for subcompact cars with regular gasoline. ‡‡ Claim based on analysis by Ford of Polk global new registrations for CY2012 for a single nameplate which excludes rebadged vehicles, platform derivatives or other vehicle nameplate versions. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

Help name the baby gorilla

The Toronto Zoo needs help naming its latest newcomer — a baby gorilla born on Jan. 10 to mom Ngozi and dad Charles. The public can submit names on the zoo's website. CORRINA AIMERS/TORONTO ZOO

Accidental vote

Ford votes 'no' on Mandela street

Toronto Mayor Rob Ford had an oops moment Wednesday when he voted against city council motions on naming a street in honour of Nelson Mandela and congratulating Canada's Olympic and Paralympic athletes.

Ford later claimed he hit the wrong voting button in both cases and asked for a re-vote, but it was unclear if one would be held. Ford has been embroiled in a number of scandals over the past year. **THE CANADIAN PRESS**

Chinese Twitter

Actor's apology sets record

A Chinese actor's apology to his actress wife following rumours of his infidelity has set a record for comments and retweets on China's version of Twitter.

TV star Wen Zhang posted a statement Monday that his wife "and the children could have had a warm and nice life, but everything was destroyed by me." The post was forwarded more than 1.2 million times and received nearly 1.9 million comments. **THE ASSOCIATED PRESS**

‘It’s just a matter of time’ till they legalize it: Poll

Survey says. 75% of Americans think sale and use of marijuana will eventually be legal across the nation

Marijuana legalization in the U.S. seems inevitable to three-fourths of Americans, whether they support it or not, according to a poll out Wednesday.

The Pew Research Center survey on America’s shifting attitudes about drug policy also showed increased support for moving away from mandatory sentences for non-violent drug offenders.

The telephone survey found that 75 per cent of respondents

Most Americans think legal pot is inevitable, according to a new Pew Research poll. THE CANADIAN PRESS FILE

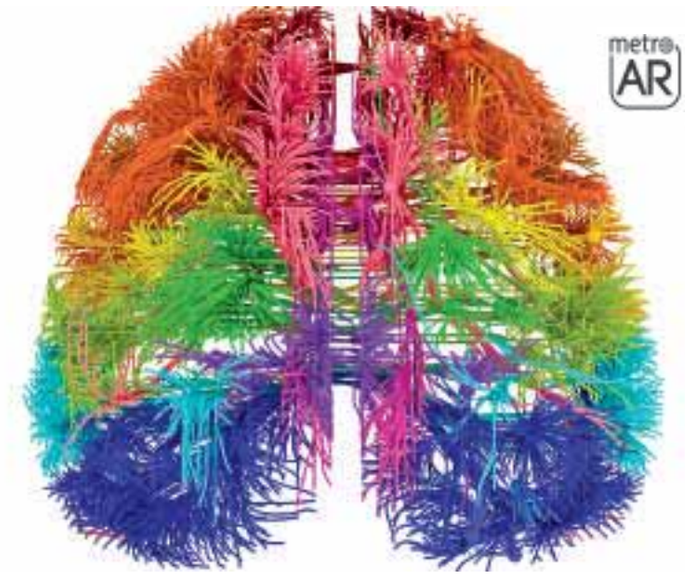
— including majorities of both supporters and opponents of legal marijuana — think that the sale and use of pot eventually will be legal nationwide. It was the first time that question had been asked.

Some 39 per cent of respondents said pot should be legal for personal adult use. Forty-four per cent of those surveyed said it should be legal only for medicinal use. Just 16 per cent said it should not be legal at all.

The responses come as two states have legalized recreational marijuana, with more than 20 states and Washington, D.C., allowing some medical use of the drug.

“It’s just a matter of time before it’s in more states,” said Steve Pratley of Denver, a 51-year-old pipefitter who voted for legalization in Colorado in 2012. THE ASSOCIATED PRESS

See that symbol? It means you can scan this image with your Metro News app to see a photo gallery of images from a mouse’s brain-wide wiring diagram.



OK, make a left at scaring housewives, then go straight until you hit loving to eat cheese

This image provided by the Allen Institute for Brain Science shows a top-down map of connections originating from different cortical areas of the brain of a mouse. Scientists have created the first brain-wide wiring diagram for a mammal at such a level of detail. Scan the image with your Metro News app to see other images, including nerve cells making direct connections, connections between four visual areas and a circular wiring diagram of connections among 215 regions.

ALLEN INSTITUTE FOR BRAIN SCIENCE/THE ASSOCIATED PRESS

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See that symbol? It means you can scan this image with your Metro News app to see Edward Snowden's TED Talk where he explains how to take back the Internet.

Canadians 'should be outraged' by Wi-Fi spy allegations: MP

Snowden documents. CSEC says it only 'incidentally' intercepts Canadian communications

JOE LOFARO
Metro in Ottawa

Documents leaked by Edward Snowden seem to show the Canadian government was snooping on its citizens at the airport. CONTRIBUTED

If protecting the privacy of Canadians is Communications Security Establishment Canada's "most important principle," why do documents leaked by Edward Snowden appear to indicate the spy agency snooped on Canadian citizens at a Canadian airport?

It's a question that's sparked debate in Parliament and one that NDP digital issues critic Charmaine Borg still struggles with. Borg said Canadians "should be outraged" by allegations published in a January CBC News report which said CSEC spied on Canadians by scooping up metadata from a free Wi-Fi network.

CSEC chief John Forster defended his agency's actions, saying it only "incidentally" intercepts Canadian communications while targeting foreigners.

Metro was denied multiple requests for an interview with Public Safety Canada, the ministry responsible for cybersecurity, and its minster, Steven Blaney.

"Our Government takes cybersecurity seriously and operates on the advice of security experts," wrote Blaney's press secretary, Jason Tamming, in an email, which also mentioned a $245-million investment in the government's Cyber Security Strategy. The strategy was designed to protect public and private sector IT networks and the personal information of Canadians against online threats.

In another email to Metro, Sabrina Meheš, a Public Safety spokesperson, noted Canadian intelligence agencies are subject to "multiple layers of scrutiny."

"CSEC and CSIS, are both subject to independent review," wrote Meheš. "There is also judicial oversight of more intrusive CSIS activities, and Ministerial approval of certain CSEC and CSIS activities."

But Borg and privacy advocates worry about more than just the government. In 2013 Borg tabled a private member's bill to give the federal privacy commissioner powers to hold private firms more accountable. Bill C-475, however, did not pass second reading in January.

As for what Canada is doing to protect the privacy of Canadians from corporations and hackers, Meheš referred Metro to the same Cyber Security Strategy.

Sometimes the law isn't enough. When firms break the law, the privacy commissioner can only make corrective recommendations and hope for the best.

"Here in Canada, all they get is a meager slap on the wrist," said Borg. "If there are repercussions for violating our privacy laws, these organizations will start to treat the privacy of Canadians more seriously."

WITH FILES FROM TORSTAR NEWS SERVICE

Privacy

Why you should care

The question of what law-abiding people have to fear from government spying is likely self evident to anyone who has ever deleted their browsing history, but the question always comes up — why should we care?

In his recent Ted Talk in Vancouver via Skype, Edward Snowden addressed the question head on.

"The first thing is, you're giving up your rights. You're saying hey, you know, I don't think I'm going to need them," Snowden said. "People should be able to buy a book online, they should be able to travel by train, they should be able to buy an airline ticket without wondering about how these events are going to look to an agent of the government, possibly not even your government, years in the future."

No one knows for sure

What's legal? What's not?

We may be starting to slowly understand what our governments are really up to these days after NSA whistleblower Edward Snowden began exposing government spying techniques to the world last summer.

But examining the magnitude of the Canadian government's spying efforts on its own people makes it clear there's still a lot we don't know.

"When you look at the totality of what Snowden has revealed, we find that virtually all our communication, it would seem, is captured in some form," said Michael Geist, Canada research chair in Internet and e-commerce law at the University of Ottawa. "It's pretty scary."

What's scarier is the broad interpretation of Canadian laws that don't seem to protect any of our online data.

'World of secrets'

"We are stuck in this world of secrets and a wilderness of mirrors, not really knowing what is going on or if we should feel comforted or feel deeply troubled or somewhere in between."
Wesley Wark, leading security expert

Sure, there are clear boundaries set for the Canadian Security Intelligence Service (CSIS) and the RCMP, but when it comes to CSEC, the lines begin to blur.

University of Ottawa professor and national security expert Wesley Wark said CSEC has a mandate to collect foreign intelligence for the government of Canada. CSEC doesn't have authority to spy on Canadians, but it's been given what Wark called a "get-out-of-jail-free card" — ministerial approval to "inadvertently collect and retain Canadian communications."

That's apparently what happened with CSEC's large sweep of data at a major Canadian airport.

Some would argue it was a breach of Canadian law, but Wark said CSEC's approval to collect "metadata," which is all the data that surrounds the sending and receiving of communication, including who sent it, who received it, how and when it was sent, creates a loophole.

"That metadata, CSEC says, does not constitute a private communication and therefore it is not protected by the privacy act or any charter rights," he said. "A second argument (is) that they can do metadata even against Canadian communications, in pursuit of foreign intelligence material and that it's not in breach of law."

It's everywhere

"What we do know is that surveillance is truly ubiquitous at this point in time." Michael Geist, University of Ottawa research chair

That means Facebook conversations, private emails and other personal info can be swept up in the government's massive data bank as quick as you can "like" a photo.

Facebook and other social media sites are in the grey area of the law, said Geist, who told Metro as long as you have some privacy settings on your profile, messages between friends should be protected. While CSEC couldn't legally use the private information against you, it is allowed to "inadvertently" collect all our conversations.

Open sites like Twitter could be interpreted differently. Geist said one of his students was recently stopped by U.S. customs because he tweeted a mathematical formula before his travels. He was let go, but the idea of governments watching our every tweet is "shocking," he said.

TREVOR GREENWAY/METRO IN OTTAWA

PARANOID IS SPYING

Here's a glimpse at countries that spy on

Canada

In December 2013, the CBC received documents indicating CSEC Canada set up spy posts in 20 countries at the request of the NSA. The Privacy Act and Personal Information Protection and Electronic Documents Act are meant to protect citizens from government and private-sector spying.

U.S.

The Fourth Amendment of the U.S. Constitution gives anyone the right to not be searched without reason. But in 1978, the government enacted the Foreign Intelligence Surveillance Act, which enables the government to spy on those who may pose a threat to national security. It has been repeatedly amended since 9/11.

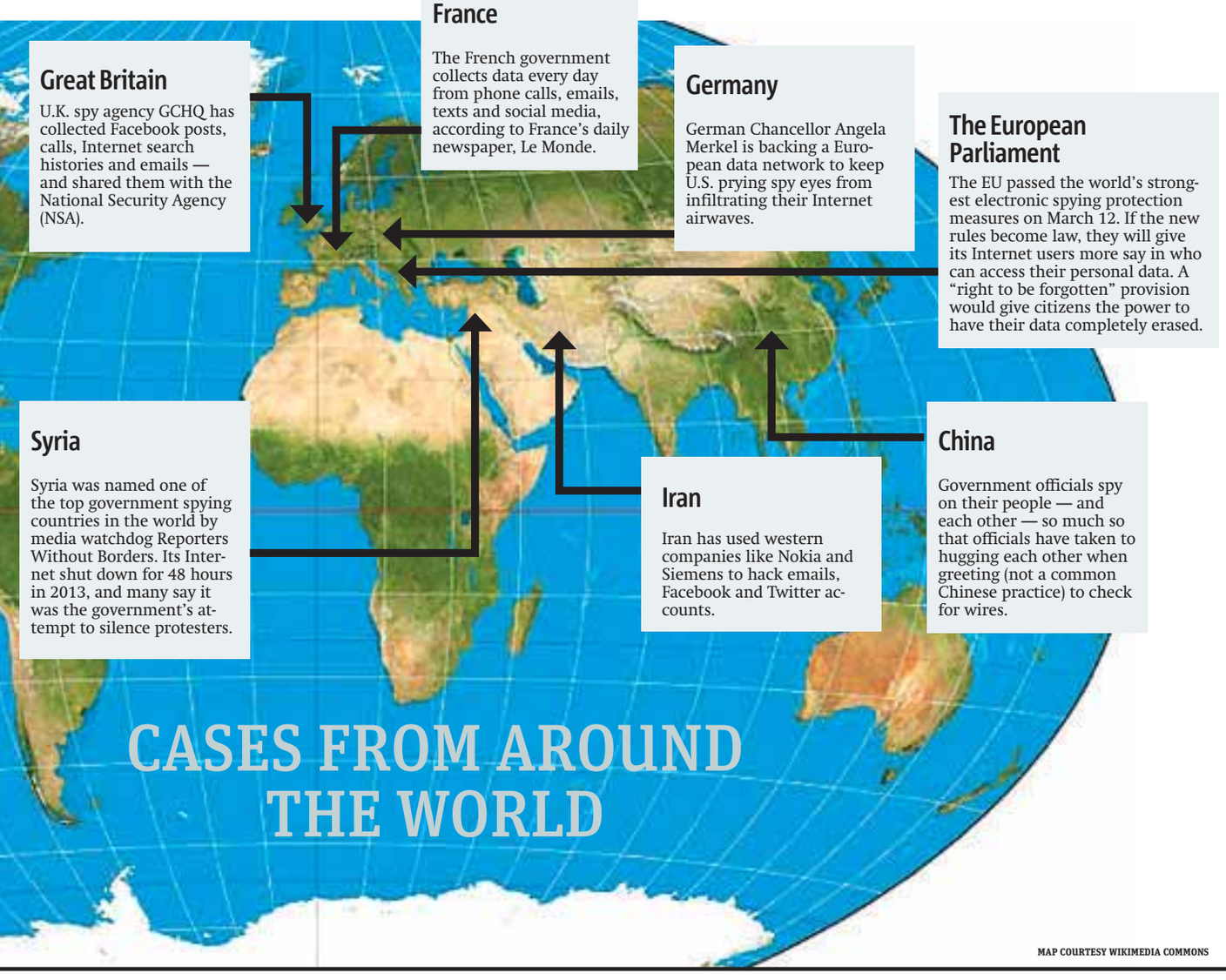
A brief history of Snowden

- **June 5, 2013.** Leaked NSA documents are published in the Guardian revealing a U.S. Foreign Intelligence Surveillance Court order forcing Verizon to give up metadata from millions of Americans' phone calls to the FBI and NSA.
- **June 6, 2013.** PowerPoint slides emerge from the Washington Post and the Guardian detailing the NSA's access to high-tech company servers including Google and Microsoft through its PRISM program.
- **June 8, 2013.** The Guardian publishes more PowerPoint slides detailing how the NSA's

? NAH, THE GOVERNMENT ON YOU (AND EVERYONE ELSE)

their citizens — and each other — plus worldwide laws and rules-in-the-making that protect citizens from spying

COMPILED BY LUCY SCHOLEY
Metro In Ottawa


Great Britain
U.K. spy agency GCHQ has collected Facebook posts, calls, Internet search histories and emails — and shared them with the National Security Agency (NSA).
France
The French government collects data every day from phone calls, emails, texts and social media, according to France's daily newspaper, Le Monde.
Germany
German Chancellor Angela Merkel is backing a European data network to keep U.S. prying spy eyes from infiltrating their Internet airwaves.
The European Parliament
The EU passed the world's strongest electronic spying protection measures on March 12. If the new rules become law, they will give its Internet users more say in who can access their personal data. A "right to be forgotten" provision would give citizens the power to have their data completely erased.
Syria
Syria was named one of the top government spying countries in the world by media watchdog Reporters Without Borders. Its Internet shut down for 48 hours in 2013, and many say it was the government's attempt to silence protesters.
Iran
Iran has used western companies like Nokia and Siemens to hack emails, Facebook and Twitter accounts.
China
Government officials spy on their people — and each other — so much so that officials have taken to hugging each other when greeting (not a common Chinese practice) to check for wires.
CASES FROM AROUND THE WORLD

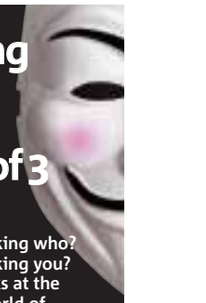
MAP COURTESY WIKIMEDIA COMMONS

tool Boundless Informant gives the spying agency near real-time stats, by country. The paper also revealed the NSA swept up 3 billion pieces of intelligence from U.S. citizens in Feb. 2013 alone.

June 9, 2013. NSA contractor and the man behind the leaks Edward Snowden reveals himself to the Guardian in a Hong Kong hotel.

- **June 16, 2013.** The Guardian publishes a series of articles detailing how the U.S. and the U.K. spied on foreign leaders and diplomats at the G20 summit in 2009.
- **June 23, 2013.** The U.S. revokes Snowden's passport. He ends up in limbo after Ecuador's President Rafael Correa says he was issued travel documents without U.S. approval. Snowden begins to seek asylum elsewhere.
- **June 25, 2013.** After travelling to Moscow, Russian President Vladimir Putin says Snowden is a "free man" at Sheremetyevo airport and says he is allowed to leave the country.
- **October 2013.** Brazil's Globo Television reports NSA leaks show Canada collects metadata about phone calls and emails to and from Brazil's Mines and Energy Ministry.
- **Nov. 27, 2013.** The CBC reports that leaked documents show the NSA conducted widespread surveillance in Canada during 2010 G8 and G20 summits.

Hacking your world: Day 2 of 3



- Who's hacking who? Who's hacking you? Metro looks at the real-life world of virtual break-ins
- Tomorrow: An interview with the interim privacy commissioner, plus more tips to keep you safe

That's apps

Here's what's up-and-coming in apps and software that claim to protect your privacy:

- **Wickr.** This app is like Snapchat, but it claims to not collect user location data. It sends encrypted, self-destructing messages.
- **Telegram Messenger.** According to Verge, this is the "hottest messaging app in the world." Its creators claim the app's encrypted messaging is un-hackable.
- **TextSecure.** This is another encrypted messaging app. However, it also allows users to create encrypted chat groups with others.
- **SpiderOak.** Got photos to store? This app will let you upload encrypted versions to a cloud storage space.
- **Secret Life.** Tailored towards iPhone users, this app secures passwords, photos and contact lists.

LOSING IS WINNING IN COMEDY

HE SAYS

John Mazerolle
metronews.ca

I recently returned to the site where I died. It's also the place I killed one night. And it's definitely one of the places where I've felt most alive.

It was a comedy club.

I used to go to comedy school, which was just like regular school except for small differences like A) working hard meant going to bars five nights a week and B) students complained about such hardships as a three-hour gap between sketch class and improv class. (I'm not making that up.)

Stand-up comedy was (and is) part of the curriculum, so I was at a Yuk Yuk's to adjudicate students doing their final performances. The stand-up teacher selected me because I met two important criteria: I had the requisite skills to mark a score out of 10 on a piece of paper, and I had a working email address.

Was I any good at stand-up? Of course. Unless you're judging on the narrow criteria of, "Was I funny?" in which case, no, I wasn't good at it.

In two years of stand-up I had exactly one night where everything went just right. If you had stumbled in on that night, you might have imagined I knew what I was doing. Even a stopped clock is right twice a day, and this '80s-raised comic was a VCR clock flashing 12:00 when midnight rolled around.

But beyond that happy coincidence, I usually just survived my seven minutes.

I had two jokes that were adequate …

"I like Stephen Harper. Finally someone who's tough on the arts," and, "Do you know what we call black people back in New Brunswick? We call him Daryl. Because that's his name."

… but it's hard to fill 10 minutes with those, even with an amusing stammer and a bunch of knowing glances. Often I over-rehearsed the set so much I would have failed a Turing test.

Long monologue short, I didn't have a great time doing stand up. But yet when I was back in the club I realized I missed it.

Watching the students reminded me how comedy can make the usual pecking order irrelevant and reward people who are comfortable with their place in the world, no matter where that is.

This crowd loved the overweight awkward guy who reveled in being the overweight awkward guy, but recoiled instinctively from the "cool" broad-shouldered guy whose set could have been shortened to, "Vaginas and other cultures. Pretty scary, am I right?"

I also remembered how much the performers help each other out, how exciting it can be to look out at a full house, and — this is harder to remember than you'd think — how fun it is to entertain people.

But these thoughts are way too sappy for a column about the cynical world of stand-up.

So, speaking of sappy, let me tell you my can't-fail joke about New Brunswick!

Stop me if you've heard this one.

ZOOM

They look kind of trashy

ARIEL SCHALIT/THE ASSOCIATED PRESS

A thousand people wearing garbage turn up in Israel

The Trash People, an art exhibit of life-size figures made from 20 tons of recycled iron, glass, computer parts, cans and industrial waste, stands on Israel's Hiriya landfill near Tel Aviv on Wednesday. Trash People, by German artist HA Schult, has been travelling for 18 years around the world, with stops in Paris's La Defense, Moscow's Red Square, the Great Wall of China, Egypt's Pyramids in Giza, Piazza del Popolo in Rome, Antarctica and now in Israel until April 26.

THE ASSOCIATED PRESS

Quoted

"We produce trash, are born from trash, and will turn back into trash."

Famous quote by the artist of the Trash People, HA Schult

METRO AUGMENTED REALITY

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MetroTube

If the suspense doesn't kill you...

ANDREW FIFIELD
metronews.ca

Russia may not be the most popular topic in Ukraine right now, but British adventurer and general wing nut James Kingston (@JamesLKingston) is keeping the country's pastime of brazenly scaling high structures alive by tackling Kyiv's Moscow Bridge — which, come to think of it, may also be due for a name change in the coming weeks. Of course, this isn't your standard structure-climbing clip. This is a man on an even crazier mission.

YOUTUBE SCREENGRAB

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Cheating rises in the Land of the Rising Sun

Japan. Buttoned-up culture gets some lipstick on its collar via adultery website

Noel Biderman, CEO of the company that operates Ashley Madison, poses next to the slogan which reads: "Life is short. Have an affair." THE ASSOCIATED PRESS

Ashley Madison, the world's biggest online hookup site for married people, works only when monogamy is the rule on the surface but deep inside, couples want to cheat. That's why it's scoring big in Japan.

The nation that prides itself on conformity and proper appearances reached a million users in eight and a half months, the fastest pace among any of the 37 countries where the adultery site operates. The previous record was Brazil at 10 months. The U.S., which has the biggest number of users at 13 million, took a year to achieve the one million mark. Spain took nearly two years.

Extramarital sex and affairs are not new to Japan, but a site such as Ashley Madison is "a levelling out of the playing field" for women, said Noel Biderman, chief executive of Avid Life Media Inc., which operates AshleyMadison.com. THE ASSOCIATED PRESS

Market Minute

DOLLAR
90.62¢
(-0.03¢)

TSX
14,459.11 (+78.56)

OIL
$99.62 US (-$0.12)

GOLD
$1,290.80 US (+ $10.80)

Natural gas: $4.37 US (+$0.11)
Dow Jones: 16,573.00 (+40.39)

New

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20 TWENTY YEARS Prostate Cancer Canada

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Canadian Cancer Society Société canadienne du cancer

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SCENE 2

Edmonton punks Slates back on the road with bare-bones album

Taiga. Legendary audio engineer Steve Albini, whose resumé includes the likes of Nirvana and the Pixies, worked with the band to achieve their stripped-down sound

JACOB MORGAN
jacob.morgan@metronews.ca

Slates consists of, from left, Stefan Duret, Lee Klippenstein, James Stewart and Dallas Thompson. CONTRIBUTED

To capture a raw and emotional feel for their latest album, Slates reached out to the master of the form.

Legendary audio engineer Steve Albini recorded the Edmonton band live off the floor at his Electrical Audio studio in Chicago onto analogue tape. Front man James Stewart says the experience has set the tone for Slates' Western Canadian tour, which stops in Regina tonight.

"It's really kind of a renewed source of energy for us," he said. "When you have new material to play that you believe in, it makes it much more involved."

The 10 tracks on Taiga feature a driving rhythm section, powerful guitars and Stewart's cathartic lyrics. Albini's bare-bones technical approach makes the entire package all the more immediate.

"I like having all the options stripped away so you're working on your feet, making decisions and not just leaving it to fix later," said Stewart. "It's such a timeless way to make a record."

While Albini — whose resumé includes the likes of Nirvana and the Pixies — lent his trademark sound to the project, Stewart said the producer was relatively hands-off with respect to actually shaping the music.

And that worked out well, as Stewart came armed with a bottomless pit of stories filled with heartbreak and pain.

One song, Vérité, draws a parallel between misunderstood saint, Joan of Arc, and the last woman executed in Canada.

"There are a lot of grey areas of the case," he said. "So the two just seemed to pair together in such a way that it just started flowing out."

Meanwhile, the title track references a region in Siberia known for its magnificent tigers and poverty-stricken poachers. Stewart said the song is based off a news item from a couple years back, where one wild cat sought bloody vengeance on a trigger-happy hunter.

But even such evocative source material could have lost some bite in the hands of a lesser producer. The album is as visceral and pummeling as an Edmonton winter.

"A huge part of it is the way the drums sound," said Stewart. "Just having our songs with that kind of drum sound, that ambient sound, is pretty thrilling."

New album

Slates play in Regina on Thursday, April 3 at the German Club. Their new album, Taiga, came out in February on New Damage Records.

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Saskatoon – June 13, 2014
Regina – June 20, 2014

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Somebody needs to stage an intervention for Zac Efron

MELINDA TAUB
Metro World News in New York

Zac Efron needs help super fast before we all relive what happened to Cory Monteith. Last November, Efron allegedly "slipped on a puddle of water" which was "in his home" and broke his jaw so badly it had to be wired shut.

Shady as hell? Yes. And now an insider has told In Touch what we've assumed all along: That he hurt himself doing the bad stuff. "He does drugs alone," the inside source exclusively tells the mag. "It's sad."

A second insider tells In Touch. "He needs to get help before it's too late."

The time is ticking down to "too late." As we reported last week, Efron had another shady-as-hell altercation recently with his "bodyguard" and some homeless men after Efron's car "ran out of gas" near Skid Row in Los Angeles.

For some reason, Efron "threw a bottle out of the car," which scared some homeless people milling around. Tensions between the group and Efron's camp escalated, with the High School Musical star reportedly taking a punch to the mouth. Right. That sounds exactly like something that would happen to anybody anywhere and not a drug deal gone bad. Exactly.

Loving Superman came with a price for Big Bang star Kaley Cuoco-Sweeting

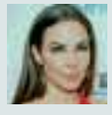
Watch what you say about Big Bang Theory star Kaley Cuoco-Sweeting online, because she's probably reading it. "I'm obsessed. I openly admit to being totally insane about that," she tells Cosmopolitan magazine about checking up on what people write about her online. "I started reading [the comments] and thought, 'Maybe I need to make more of an effort and not go out in my UGGs and be disgusting.' So I started putting on makeup, and they started writing, 'Wow, someone really likes being in front of the camera' and, 'Her hair's done now for coffee.' I couldn't do anything right." The recently married actress admits, though, that she's had a lot more material through which to browse since she briefly dated Man of Steel star Henry Cavill last year. "I had no one following me until I met Superman," she says. "I've been in this business for 20 years, and my whole life I could go anywhere, do anything. There had not been on paparazzi photo of me until, like, several months ago."

Kaley Cuoco-Sweeting

Lohan blows through Oprah pay

Despite Lindsay Lohan's impressive $2-million US payday for her Oprah Winfrey-produced reality series, the troubled starlet is reportedly flat broke again. "Only Lindsay could get paid such a large paycheque and once again be in dire financial straits," a source tells Radar Online. "After Lindsay's manager, agent, publicist (and taxes) were paid, she was left with $750,000." Which for most people would be great, but Lohan is not most people.

Twitter



@WhitneyCummings
You had me at "polyamorous"

@MichaelChiklis
Now a volcano has just erupted in Peru? WTF is going on here?

@MarkDuplass
I wonder what Star Wars would have been like with Bill Murray as Han Solo.

Indigo bestsellers

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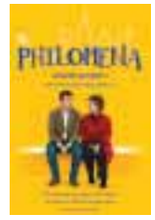

NEW THIS WEEK

Philomena
MARTIN SIXSMITH

Philomena is the tale of a mother and a son whose lives were scarred by the forces of hypocrisy on both sides of the Atlantic and of the secrets they were forced to keep. A compelling story of family secrets, love and loss - now a major film starring Judi Dench.

THIS WEEK		WEEKS ON LIST
1.	Be Careful What You Wish For JEFFREY ARCHER	4
2.	Heaven Is For Real TODD BURPO	5
3.	Uganda Be Kidding Me CHELSEA HANDLER	5
4.	Missing You HARLAN COBEN	3
5.	Shadow Spell NORA ROBERTS	2
6.	Power Play DANIELLE STEEL	4
7.	Wish You Happy Forever JENNY BOWEN	4
8.	The Hotel On Place Vendome TILAR J. MAZZEO	4
9.	Up Up & Away JONAH KERI	2
10.	Philomena MARTIN SIXSMITH	1
11.	Robert Ludlum's The Janson Option PAUL GARRISON	3
12.	Overwhelmed BRIGID SCHULTE	3
13.	Paris EDWARD RUTHERFURD	1
14.	Frog Music EMMA DONOGHUE	2
15.	The Hungry Girl Diet LISA LILLIEN	1
16.	NYPD Red 2 JAMES PATTERSON	1
17.	Exodus DEBORAH FELDMAN	2
18.	Listen To The Squawking Chicken ELAINE LUI	1
19.	Whiskey Beach NORA ROBERTS	1
20.	Million Dollar Arm J. B. BERNSTEIN	1

COMBINED FICTION AND NON-FICTION BESTSELLERS FOR THE WEEK, ENDING APRIL 7TH

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See that symbol? It means you can scan this photo with your Metro News app to see a gallery of some of Lily Cole's modeling work over the last few years.

LIFE 3

PLUS HOMES

Modelling the (im)possible ideal

Lily of the virtue. Impossible.com is the online gift economy that encourages people to give and receive for nothing more than a thank you. Model Lily Cole's social mission shows why the best things in life come for free.

RICHARD PECKETT
Metro World News

"The whole point of Impossible is about value, not money," says Lily Cole, seen here with Vivienne Westwood.
CONTRIBUTED

"I'm going to start calling it possible, it sounds so much better," chuckles Lily Cole on her gift economy website and app Impossible.com. In a capitalist culture where cash and consumerism are king, the doll-faced model's objective of a gift exchange seems like the romantic notion of a naïve and innocent idealist. However, with the backing of Kwame Ferreira (founder of global innovation company Kwamecorp), Wikipedia founder Jimmy Wales and inventor of the World Wide Web Tim Berners-Lee, it's far from just being a concept that should be left percolating amongst the beanbags of a blue-sky think tank. It's a platform for humanism and altruism where wishes are posted and granted by like-minded individuals. The only currency is generosity and gratitude. The former Vogue cover girl, who graduated with a double first class in history of art from Cambridge in 2011, doesn't intend to take a salary from the social network, explaining, "This is my gift that I want to live outside of me."

Did you create Impossible.com in response to the recession?
It wasn't a specific reaction to that. But the conversation back in 2010 that coined the idea with a friend [Kate Tomlinson], who now works on the project, was in relation to the recession and more philosophically about why it is that when there is any recession, society is paralyzed as a consequence of economic paralysis. Because if you think about it, everyone has skills, time, resources, there is no intuitive reason why society couldn't continue to organize itself. We've become almost slaves to the structure we created, forgetting that we created it [laughs].

Do you believe that humans are innately good?
Yeah, I do and people have proven me right so far…

Are you trying to celebrate positive human actions?
There's definitely a celebration element to it. I was interested in the analogy between current ideas of online social reputation that most social networks like eBay and [taxi firm] Uber have with classical gift economies: the idea of social reputation being a big part of the equation. I'm not shy of that and I think that's a great thing when we celebrate each other's generosity. That said, it's not the principle motivator. If anything, it's a kind of currency of sorts to try and encourage the principle reason for the platform, which is the actual actions.

Why are you steering clear of a rating system?
I think it works very well with transactional relationships. But what we're trying to do is so non-transactional and I just felt that a rating system would dehumanize it.

What's the most altruistic action you've performed?
I'm not a perfectly altruistic person at all. What I try to do is grow as a human. If I'm not kind, or do something wrong, I check myself. It's the intention to work on myself continually.

Have you personally helped anyone on the site?
I've helped quite a few people. The one that I enjoyed most was with a boy who wanted to practise his English. I noticed that he was in Manchester, a place where I was soon visiting, so I said I could meet him in person rather than over the phone. Then I saw that on one of his other wishes he'd wished that someone would help the homeless guy on the end of his street. We had a chat in English about this guy and I ended up getting a tent for the homeless man. I feel a bit self-conscious saying this, but the situation was quite magical — it went round in a nice big circle.

Do you stay in touch with the people that you help or is it very much one action and then move on?
I've met quite a few that I've stayed in touch with. A big part of the gift economy is that when someone does something for you for free, a subtle relationship is made. I can feel a community growing around me.

You've been the face of many fashion brands. Did you have concerns about what you were endorsing?
Yeah, that's why I've taken a different path. I started in fashion when I was 14, and it gave me so many options than I'd ever had before, but I was always a little conflicted about it. I was always questioning how consumeristic our society can be and how advertising works. I was looking at all these paradigms and feeling very much a big part of this machine.

Are you greatly concerned about the ethical side of consumerism?
It worries me on a macro scale because we never really know the stories behind products. Take this bag, I have no idea what this came from, how the animal was treated or who sewed it up and what the dye did to the environment. I would love to see transparency across the board.

Model by the numbers

14 The age that she was first scouted and later signed to Storm Models.

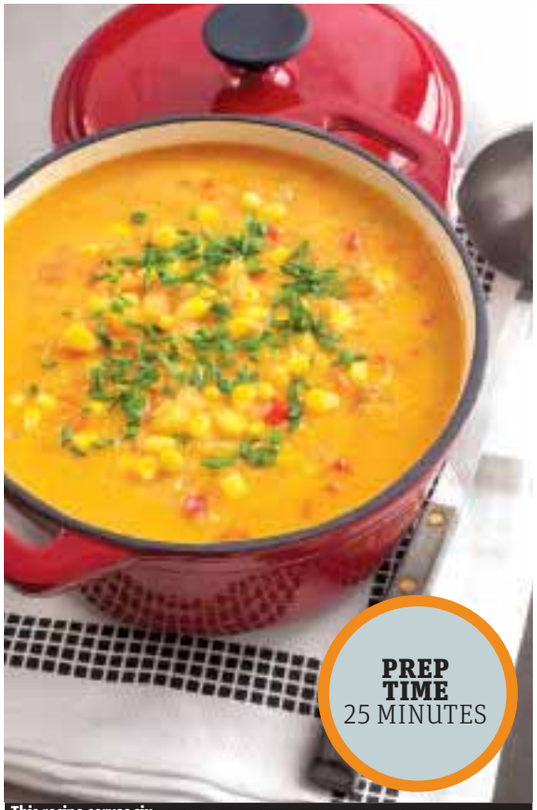
16 She became the youngest model to appear on a Vogue cover.

12 million is the estimated net worth of the model.

6 is the number of titles that she holds, including model, actress, environmentalist, activist, entrepreneur and CEO. But she prefers human.

22 is the number of charities that she supports such as Sky Rainforest Rescue, Elton John AIDS Foundation and Greenpeace.

A rousing ode to soup slurping



This recipe serves six. PHOTOS © MIKE MCCOLL. PUBLISHED BY HARPERCOLLINS CANADA. ALL RIGHTS RESERVED.

Corn Chowder. This classic recipe replaces fatty ingredients and weighs in at 187 calories compared to the typical 533

"In this recipe, I replace the usual excessive amount of butter, bacon and cream with a respectable amount of olive oil, 1% milk and smoked paprika for smoky flavour without any calories," writes Jo Lusted in her book Dish Do-Over. "I also load this soup with veggies, making this a nutrient-dense version of the classic."

1. In a blender, purée 1 cup corn kernels and 1 cup each stock and milk until smooth. Set aside.

2. In a medium saucepan, heat oil over medium heat. Add onion, carrot, celery, garlic and thyme and cook, stirring frequently, until softened, about 6 minutes. Add paprika and flour and cook, stirring constantly, until fragrant, about 1 minute. Add potato, bay leaf and remaining 3 cups stock, increase heat to high and bring to a boil. Reduce heat to medium and simmer for 10 minutes or until potatoes are tender when pierced with a knife. [Make-ahead: Soup can be prepared to this point up to 48 hours in advance, covered and refrigerated. Warm soup over medium heat before proceeding with recipe.]

3. Stir in prepared corn purée, remaining 2 cups corn kernels and bell pepper and bring to a gentle simmer, about 5 minutes. Remove from heat, discard bay leaf and season with lemon juice, hot sauce, salt and pepper. Ladle into serving bowls and sprinkle with chives.

RECIPES FROM DISH DO-OVER © 2014 BY JO LUSTED (COLLINS, 2014).

Ingredients

- 3 cups fresh corn kernels
- 4 cups low-sodium chicken stock
- 1 cup 1% milk or unsweetened plain almond milk
- 1 tbsp olive oil
- 1 yellow onion, diced
- 1 carrot, peeled and diced
- 1 celery rib, diced
- 2 garlic cloves
- 2 tsp chopped fresh thyme
- 1 tsp smoked paprika
- 1/4 cup brown rice flour
- 1 medium potato, diced
- 1 bay leaf
- 1 red bell pepper, diced
- 1 tbsp fresh lemon juice
- Hot sauce
- Sea salt and freshly ground
- Black pepper
- 2 tbsp chopped fresh flat-leaf parsley or chives

Cookbook of the Week

Slim down your faves; keep flavour

Depriving yourself of your favourite foods or going to an extreme you can't maintain are two reasons diets fail. Chef Jo Lusted offers a solution to diet failures with her new book Dish Do-Over, in which she transforms so-called "guilty pleasures." Lusted's approach makes smart ingredient swaps and includes a "before and after" nutritional count. Among the recipes in the book are: Pizza Burgers, Shepherd's Pie, Poutine, Whoopie Pies and more. **METRO**

3-Cheese Garlic Bread

This recipe serves eight.

1. Preheat oven to 400 F. Line baking sheet with parchment. Slice baguette in half crosswise and in half lengthwise.

2. In saucepan or non-stick skillet, melt butter over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 2 minutes. Transfer to a large bowl and allow to cool to room temperature. Stir in green onions, cheddar, mozzarella, yogurt, Parmesan, Italian herbs and cayenne. Season with salt and pepper.

3. Spread mix evenly over cut sides of bread and place on prepared baking sheet. Bake for 15 minutes, until cheese is golden brown and bubbling and edges of bread are golden brown.

Ingredients

- 1 whole wheat baguette
- 3 tbsp unsalted butter
- 4 garlic cloves, minced
- 2 green onions, minced
- 3/4 cup shredded low-fat aged cheddar cheese
- 3/4 cup shredded low-fat mozzarella cheese
- 1/3 cup non-fat plain Greek yogurt
- 1/4 cup freshly grated Parmesan cheese
- 1/2 tsp Italian herb seasoning
- 1/4 tsp cayenne pepper
- Sea salt and freshly ground
- Black pepper

For your phone

Cocktails by ItalianYummy (iPhone; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

There are more than 400 cocktails in this cleverly organized guide that uses delightful graphics for step-by-step instructions. Shake your phone like a martini and you'll get a surprise drink.

APRIL IS CANCER AWARENESS MONTH

REDUCE YOUR RISK

In Canada, one in nine women will be diagnosed with breast cancer in their lifetime and one in twenty-nine women will die from the disease.

There are risk factors out of your control, but you can control your lifestyle risks.

GET ACTIVE · LIMIT ALCOHOL · EAT WELL · DON'T SMOKE · TAKE CARE

For more information, cbcf.org/prairies

Canadian Breast Cancer Foundation PRAIRIES • NWT

HEALTHY, HAPPY SMILES

XIXINXING/SHUTTERSTOCK

April is Oral Health Month and a great time to think more about taking better care of teeth and gums.

"A smile is like a window to your body," says Dr. Travis Stork, a practising board-certified emergency medicine physician and an Emmy-nominated national television host. "As a doctor, I know that a healthy mouth is part of a healthy body."

Poor oral hygiene can cause bad breath and stained teeth, but it may also lead to gingivitis, an inflammation of the gums. Left untreated, gingivitis can cause more serious gum disease and even loss of teeth. At the same time, healthy teeth and gums make it easy for you to eat well and enjoy good food. And the health of your teeth can affect your self-image, too.

"I believe that good health comes with a healthy lifestyle, which includes staying active, eating healthy and taking care of oral health," Stork says.

Here are ways to keep teeth and gums healthy:

1 Reduce the amount of sugar in your diet — sugar is one of the main causes of dental problems. "I advise people to enjoy the natural sweetness of fruits and to cut out as much refined sugars as possible, like pop," Stork says.

2 Take time to brush, floss and rinse every single day. A good oral care routine, Stork says, includes brushing with an electric toothbrush for two minutes twice a day, flossing, and rinsing with an anti-septic mouthwash.

3 Use Crest Pro-Health Clinical toothpaste, Stork says. "It has been proven to help prevent and even reverse gingivitis and early stages of gum disease." It fights cavities, tartar, and plaque, whitens teeth, and helps freshen breath.

4 Visit the dentist twice a year (and your doctor once a year) for routine checkups. Besides having teeth cleaned, regular checkups can help uncover issues earlier when they are easier to treat.

5 Keep in mind that certain health conditions may require special care. For example, having diabetes or being pregnant increases the risk of gingivitis. Floss and brush regularly, and use Crest Pro-Health to help prevent and reverse gingivitis, Stork says. Speak to your dentist for more information.

6 Be a good role model to children. Just as being active together as a family is important, so is finding ways to teach children to make regular brushing and flossing a habit, too.

7 Avoid all tobacco products.

WAVEBREAKMEDIA/SHUTTERSTOCK

MAKE ORAL HEALTH A PRIORITY

Are you happy with your smile?

If you aren't it might be a good idea to start using a whitening toothpaste when you brush your teeth.

According to the Crest and Oral-B 2014 Great Canadian Smile Survey, 93 per cent of Canadian adults feel that having a white smile can impact the way other people perceive them and that can definitely affect the way you feel about yourself.

The survey revealed many other interesting insights into the oral hygiene habits and attitudes of Canadians.

For example, while eight in 10 Canadians say their dentist has recommended brushing, flossing and rinsing with mouthwash regularly, less than half — just 44 per cent — actually do it regularly. In fact, just three in 10 Canadians say they floss at least once a day.

What's also interesting is that Canadians might take better care of their teeth and gums if their doctor made it a priority. While three-quarters of Canadian adults trust the information their dentist provides regarding the impact oral care has on their overall health, half say that if their family doctor talked to them about their oral care they would take it more seriously.

In general, the majority of Canadians say oral health is an important part of their overall health. The survey showed almost two-thirds of Canadian adults say they have taken specific steps to improve their daily oral care routine in the last five years.

Furthermore, Canadian parents are also teaching their children that regular brushing is important. Seven in 10 parents with children younger than 12 have incorporated brushing for two full minutes twice a day as part of their child's daily oral care routine.

But only half take their children for regular checkups, one-third began flossing early in the child's life, and one-quarter have taught their child to rinse daily.

I WANT
A HEALTHY-LOOKING SMILE
SO I LOOK AS GOOD AS I FEEL

My smile is something I want to share for years to come. To help keep it healthy, I stick to my Pro-Health routine. And, as a result, I always get to show off my healthy smile.

1 FLOSS 2 BRUSH 3 RINSE

MY **PRO-HEALTH**™ ROUTINE

Crest® Pro-Health™ Multi Protection rinse helps prevent and reduce plaque and gingivitis. Crest® Pro-Health™ toothpaste fights cavities, plaque, tartar, gingivitis and tooth sensitivity. To ensure this product is right for you, always read and follow the label. ©2014 P&G

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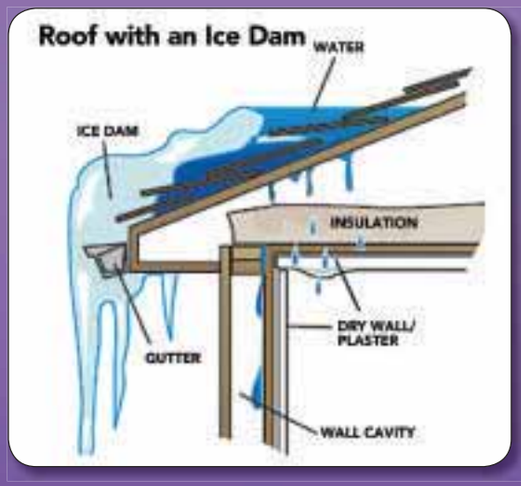

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. There is no better time to protect your home.

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- Fiberglass Batting & Polyvapour Barrier
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Go bold and go home to a vibrant living space. ISTOCK

Get fresh with your living room

DIY. 4 simple solutions to make your living space spring to life

Lack of colour, outdated decor and overall disconnection can hold a living room back from its full potential. Bring your living space back to life to represent your unique style and needs. With spring in the air, consider a radiant revival by adding a touch of trend into the heart of your home with a few easy DIY tips.

Cue the hue

Make your walls the star of your living space with an accent wall. There are many options with accent walls such as using bold colours, wall paper prints, and different textures. It's usually best to choose a print or colour that picks up other colours in the room, and to choose a wall that you want to draw attention to. Who knew incorporating colour could be so easy?

Rug remedy

Don't let confusing floor options cramp your style, instead use an area rug to accent your living room. An area rug can draw the eye in the direction you want to highlight, such as an entertainment area or a fireplace. Consider upgrading a basic rug by adding a design using fabric spray paint and a plywood stencil to make a bold statement. A stylish rug can be a simple fix for a disconnected living space while also adding a cosy, comfortable feel.

Curtain call

Shed light on your living space by giving your windows a vibrant treatment.

Curtains are a great way to play with different textures in your living room and can easily be changed to suit your needs, seasons, and interior trends. Sheer materials are a great option because they let in the perfect amount of light while providing a lavish atmosphere.

If you currently have a curtain rod installed, consider a simple DIY embellishment by spray painting it metallic gold or silver.

Daring decor

Dress your living room in daring designs with out-of-the-box patterns and bold colours. Throw pillows are a great option to consider if your living room is lacking those essential finishing touches. Pillows allow you to experiment with patterns, colour schemes and textures without committing to a complete design overhaul. You can make your own throw pillows using no-sew options such as fabric glue or iron-on adhesive.

House Crashers

- For more inspiration on how to update your home, tune into House Crashers on Wednesdays at 9 p.m. ET/PT on DIY Network Canada.

Relocation to Seattle

Group interested in moving NBA team, not NHL

The investor who attempted to purchase the Sacramento Kings and move them to Seattle says his investment group is solely focused on pursuing the NBA and is not interested in owning an NHL franchise.

Chris Hansen told The Associated Press on Wednesday that no one in his ownership group has interest in being the majority owner of a hockey franchise even as rumours continue to circulate about the NHL having interest in Seattle as a possible market in the future.

Hansen says the focus of his group is getting all environmental reviews finished on their proposed arena so that if an NBA franchise becomes available via sale or expansion, Seattle can be at the front of the line ready to go.

THE ASSOCIATED PRESS

NHL

Toews out for rest of regular season

Blackhawks captain Jonathan Toews will miss the rest of the regular season with an upper-body injury.

The team said Wednesday that coach Joel Quenneville expects Toews to be "100 per cent" for the playoffs.

Toews was injured after a hit by Penguins defenceman Brooks Orpik on Sunday night. Toews got up slowly and was seen holding his left arm on the bench before heading to the locker-room.

THE ASSOCIATED PRESS

Buds brace for sting of the big bad B's

Toronto's final sprint. Memories of yesteryear linger over Leafs' need to win

Jake Gardiner celebrates defenceman Cody Franson's goal on the Red Wings in Toronto on Saturday. The Leafs need a miracle in their final five games to reach the playoffs, starting against Boston. FRANK GUNN/THE CANADIAN PRESS

In the Boston Bruins, Jake Gardiner sees one of the best teams in the NHL but also one he and the Toronto Maple Leafs should be excited to face with their playoff hopes on the line again.

"We think we match up well against Boston," Gardiner said.

"I'm just going back from last year in the playoffs. Obviously it didn't end well, but I think we all elevate our game against them. We know they're one of the top teams in the league and it seems like we're always prepared to play them."

The Leafs had better be prepared this time around as they likely must run the table in their final five games to give themselves a realistic chance of making the playoffs.

Toronto's debilitating eight-game losing streak finally came to an end Tuesday with a home win over the Calgary Flames. Up next are the Bruins, who came back to beat Toronto in the first round last spring after an epic Leafs' collapse in Game 7.

Boston was 15-0-1 in its last 16 games entering Wednesday night's road game against the Detroit Red Wings. Boston's only loss in that time was to the Montreal Canadiens in a shootout, and in outscoring opponents 57-23, the Bruins have made a lot of teams feel desperate.

Leafs head coach Randy Carlyle hopes his team can find some positives in their desperation this late in the season.

"When you play teams of that calibre, you have to be on top of your game, you have to be playing at your highest level," he said. "You've got to be prepared to compete in the small areas of the ice because they're a big hockey club and they've got a lot of depth in their lineup and they play the same way. You've got to be prepared to earn your space on the ice."

Even if backup goaltender Chad Johnson starts in place of Vezina Trophy candidate Tuukka Rask, the Bruins present challenges up and down the ice. It's no surprise Boston is atop the league as former Calgary Flames captain Jarome Iginla has 13 goals and five assists in 18 games since the Olympic break and captain Zdeno Chara has earned some Norris Trophy talk of late.

THE CANADIAN PRESS

Sportsmanship

Paul Ranger is the Toronto Maple Leafs' nominee for the Bill Masterton Memorial Trophy.

- Ranger has four goals and eight assists in 49 games this season.
- He left the ice on a stretcher during a game on March 19, not seriously injured.
- Ranger's back to the NHL after four years. He left Tampa Bay for personal reasons in 2009. He played last year for the Toronto Marlies.

Koe in battle to advance to playoffs

Canada's Kevin Koe throws a stone during a match against Sweden at the world men's curling championship in Beijing on Wednesday. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Canada's Kevin Koe is on the playoff bubble at the world men's curling championship after splitting his games Wednesday at Capital Gymnasium.

The veteran skip and his Calgary-based team beat Switzerland's Peter de Cruz 8-4 before dropping a 6-2 decision to Sweden's Oskar Eriksson in the evening draw.

"It's disappointing, that was a big game for us and we couldn't pull (it) out," said Koe. "That's a tough one. Just one of those games where we would build a big end and he'd come up with a good shot and I couldn't answer.

"I had a few chances. I missed a triple for three (in the sixth end) and kind of miscalled the line again. Just one of those games — off by a couple inches."

Canada was tied with Switzerland at 6-3 after 14 draws of play. Norway's Thomas Ulsrud was in first place at 8-1 and Japan's Yusuke Morozumi was next at 7-2.

Round-robin play wraps up Thursday with Canada set to play Germany's Johnny Jahr and Scotland's Ewan MacDonald. The top four teams will make the playoffs.

Koe won gold at his only previous appearance at the 2010 world championship.

THE CANADIAN PRESS

Quoted

"Our backs are against the wall and we just have to worry about making the playoffs."

Canada skip Kevin Koe

4 SPORTS

Shewfelt springs into Hall of Fame

Canadian Olympians. Calgarian among athletes, coaches, builders to be honoured in June

Kyle Shewfelt's Olympic gold medal in gymnastics shines bright a decade later because it is the first and only of its kind in Canada.

Unlike the Olympic champion who has a teammate or hero to follow or emulate, Shewfelt blazed his own trail to win the floor routine in 2004. He is the only Canadian to win an Olympic medal of any colour in gymnastics.

The Calgarian is among the athletes, builders and coaches who will be inducted into the Canadian Olympic Hall of Fame in June.

He'll join speedskater Cindy Klassen, the victorious men's eight rowing team of 2008, speedskating coach Marcel Lacroix, hockey coach Pat Quinn and the late, former Alberta premier Ralph Klein among the 2014 inductees.

Gymnast Kyle Shewfelt won a gold medal in the floor routine at the 2004 Summer Olympics. GETTY IMAGES FILE

Sports journalist Richard Garneau, who covered 23 Olympic Games, will receive the Canadian Olympic Order posthumously.

While Shewfelt agrees no Canadian beat a path to the podium for him, he didn't feel isolated in his quest.

"Why did it happen for me? I wasn't by myself," Shewfelt said. "I had tons of supporters, amazing teammates, my national federation was so supportive of the dream. They sent me around the world when I was 17 to get that experience. I just never wavered in my belief that it was possible.

"For myself, I wanted to take it to the next level and I guess it took a lot of courage for myself to do that, but it was something I was willing to risk. I knew as an athlete that when I ended by career, I wanted to look back and have no regrets. I had to chase the biggest dream possible."

THE CANADIAN PRESS

Thursday's Metro AR poll

DOUG PENSINGER/GETTY IMAGES

Hayley Wickenheiser revealed on Tuesday she has had a broken foot for the past year. That includes the time in which she led Team Canada to a gold medal at the Sochi Games. Scan the image above using your Metro News app to vote on the most courageous "playing hurt" moment in sports history.

Metro AR poll results

34% Metro News readers voted hockey player Mike Fisher and country singer Carrie Underwood the hottest couple in sports. Also shown love in the poll were the following twosomes:

24% Dustin Johnson and Paulina Gretzky

18% Cristiano Ronaldo and Irina Shayk

12% Dion Phaneuf and Elisha Cuthbert

6% Dwyane Wade and Gabrielle Union

6% Justin Verlander and Kate Upton

Mike Fisher and Carrie Underwood GETTY IMAGES FILE

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Ready to play in the big leagues? On top of posting over 650 new jobs every day, we also have the best advice and tools to help you move your career from the nosebleeds to the middle of the action. It's what makes Workopolis Canada's number one job site.

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"Number one job site" based on six-month average online job postings for period ending February 28, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.

Horoscopes

Aries
March 21 - April 20
See to it that you are rewarded for your efforts, especially on the work front where others may try to give you less than you deserve. You don't have to be aggressive but make sure you get what you are worth.

Taurus
April 21 - May 21
The planets will make it easy for you to complete a task that needs to be out of the way right away. If you focus all your energy in one direction today, there is no telling what you might accomplish.

Gemini
May 22 - June 21
Call it as you see it and don't worry about the reaction. Not everyone will be pleased that you're so open about the issues but it's their fault for backing ideas that are easily disproved.

Cancer
June 22 - July 23
Try not to get angry with those who can't make up their minds as quickly as you. If you want to get things done, you will either have to go it alone or make alliances with those who share your hunger for success.

Leo
July 24 - Aug. 23
You seem to be working harder than ever but are you working for yourself or others? That's the question you most need to ask today and if the answer is the latter you will need to make changes.

Virgo
Aug. 24 - Sept. 23
If there is someone you would like to know better, let them see you are interested. If you make the right sort of move now, it could be the start of a beautiful friendship (or more).

Libra
Sept. 24 - Oct. 23
Give partners and loved ones your support today, even if you have good reason to criticize. Whatever they may have done and however much it may have affected you, it was an honest mistake.

Scorpio
Oct. 24 - Nov. 22
A relationship that has gone through some difficult times can be repaired but first you must ask yourself if that is what you truly desire. The Sun at odds with your ruler Pluto suggests you may be thinking of ending it once and for all.

Sagittarius
Nov. 23 - Dec. 21
A new business venture can be a success but to make it work you will need to give everything to it. Is it worth the time and energy? Only you can decide. Just do it soon.

Capricorn
Dec. 22 - Jan. 20
If you believe in yourself and work diligently towards a well defined goal there is no reason why your name should not be up in lights — and your bank balance blessed by a large input of cash.

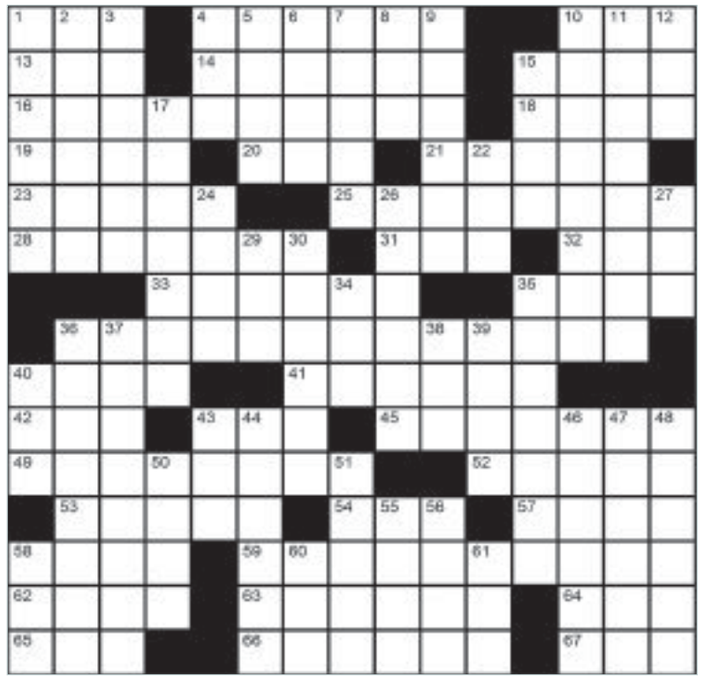
Aquarius
Jan. 21 - Feb. 19
The Sun at odds with power planet Pluto today warns you must resist the temptation to go to extremes. If you overstep the mark at home or work you could end up paying a price.

Pisces
Feb. 20 - March 20
If you want something today there is a chance someone will give it to you but you have got to ask directly. If you drop hints chances are they won't understand. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

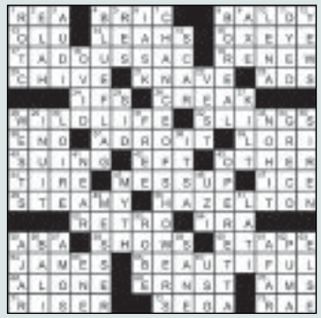
BY KELLY ANN BUCHANAN



Across
1. Got a glimpse
4. Mafia don's realm: 2 wds.
10. Police alert, commonly
13. Tel Aviv, __.
14. Having branches
15. Marianas island
16. Cate Blanchett role, __ _
18. Antelope type
19. __ _ good example
20. Lanka's lead
21. "Seven Years in __" (1997)
23. High School attendees
25. Edmonton, 'Canada's __ City'
28. Fruit sort
31. Camper's bed
32. Cube used for soups
33. Prehistoric tool
35. Nothing: French
36. CUPW = Canadian Union of __ __
40. __ vinegar
41. Vassals
42. Band-__
43. Compass dir.
45. Aerobics class device
49. __ __ circles (Concealer targets)
52. Socialite/hostess Ms. Mesta
53. Certain crown
54. Ronny & The Daytonas hit
57. Burden
58. __ messaging
59. Launched by a candidate in Toronto ahead of the big election there on October 27th, 2014: 2 wds.
62. Mr. Kristofferson
63. Baseball official's duty
64. WSW's opposite
65. 'Verb' suffix
66. Ritzy couch
67. Cave

Down
1. Midday break
2. Isn't this in the Meg Ryan/Tom Hanks 'Seattle' movie
3. Novelist
4. "My Crew" Prod.
5. Montreal hockey players, to fans
6. Urgent situation, briefly
7. Recurring theme
8. Kyrgyzstan city
9. Shakespearean "Very well then...": 3 wds.
10. "Good-bye.", in Montreal: 2 wds.
11. It's guaranteed that everyone will do this and die: 2 wds.
12. Sporty bike
15. __ Desert
17. Most goofballish
22. TV Cousin
24. Kilt wearer
26. The Wilderness of Manitoba album: 'Island of __'
27. Mr. Chaney Jr.
29. 'Motor' suffix
30. Canadian-made 'World's Best Hat'
34. Prefix to 'light'
35. Make a typo ...then figure out the word's right letters
36. The Group of Seven
37. "The Night They Drove __ __ Down" by The Band
38. Mil. unit
39. Retain
40. Egyptian __ (Cat breed)
43. Be mistaken
44. Canadian broadcaster Mr. O'Regan
46. Investigated
47. Julia Louis-Dreyfus role
48. Blush
50. Chows
51. Country in Africa
55. "Jump __ __!" (Hurry!)
56. River in Normandy
58. Boxing stat.
60. Soul: French
61. Ripen

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	9	8	5	4	6	1	2	7
1	6	7	2	9	3	5	8	4
5	4	2	7	8	1	6	9	3
8	5	4	9	6	7	2	3	1
9	7	3	1	2	5	4	6	8
6	2	1	4	3	8	7	5	9
2	1	9	3	5	4	8	7	6
7	3	6	8	1	2	9	4	5
4	8	5	6	7	9	3	1	2

Today
-2°/-11°
Flurries
Friday
1°/-6°
Variable
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Check your local listings for details.
The Weather Network HD
TWN incorporates MSC data

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FIGHT BACK

Saskatoon – June 13, 2014
Regina – June 20, 2014

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Estevan
Kindersley
Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

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